



OFFICE OF
WOMEN'S HEALTH

ALABAMA DEPARTMENT
OF PUBLIC HEALTH

2016



The Office of Women's Health (OWH) serves to educate the public and to be an advocate for women's health. The goal of this calendar is to present the **10 leading health issues in Alabama women** and provide ways to limit your risk factors.

The Office of Women's Health Initiatives



5K Run and 1 Mile Mother Daughter Walk is an annual event sponsored by the Office of Women's Health Advisory Committee designed to empower women to make their health a top priority, increase the awareness of women's health issues, and highlight resources that are available for health and wellness for women in the state of Alabama.



Women's Health Update is an annual educational opportunity sponsored by the Office of Women's Health Advisory Committee for Nurses, Nurse Practitioners, Pharmacists, Dietitians and Social Workers to provide current up to date information on women's health issues. CEUs are awarded.



Women on Wellness (WOW) Speakers Bureau, our speakers bureau features great public communicators with day jobs that allow them to enhance their expertise in women's health, and focus on specific issues affecting women's health throughout the lifespan. They represent all types of health care organizations and health care providers.



Alabama Healthy Women Facebook Page is a social media site designed to share health messages and information, updates, observances, notices of events, and encourage fans to participate in health contest. Please visit Alabama Healthy Women on Facebook at www.facebook.com/AlabamaHealthyWomen.



January

Cervical Health Awareness Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Office of Women’s Health Initiatives

- A New Leaf . . . Choices for Healthy Living
- Alabama Healthy Women Facebook Page
- BodyWorks
- Heart Truth
- Healthy Women’s Network (HWN)
- Women’s Health Information For the Incarcerated (WHI-FI)
- Women’s Health Update
- Women on Wellness (WOW) Speakers Bureau
- 5K Run and 1 Mile Mother Daughter Walk

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February

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Heart Disease is the #1 health issue for all women in Alabama. The major risk factors for heart disease are: obesity, physical inactivity, high blood pressure, and diabetes.

In Alabama, 5,917 women died of heart disease in 2010.

Prevention: Modifying your lifestyle, regular check-ups, and proper medication can add years to your life.

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Wear Red Day



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Cancer is the 2nd leading health concern for women in Alabama. In 2010, 4,602 women died of cancer in Alabama.

Types of cancer affecting

Alabama women:

- Lung cancer has the highest death rate with 1,237 deaths.
- Breast cancer has the 2nd highest death rate with 691 deaths.
- Colon and lymphoid and related tissues account for the 3rd highest cancer death rates with 399 deaths for colon and related tissues cancer, and 420 deaths for lymphoid and related tissues cancer.

Prevention: All women should receive regular gynecological check-ups, perform a self breast exam monthly, and avoid smoking.

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April

Sunday

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Cerebrovascular Disease is the 3rd leading health issue for women in Alabama. It involves the heart and arteries and can result in hypertension, heart attack, stroke, or aneurysms. In Alabama in 2010, 1,542 women died of Cerebrovascular disease.

Risk factors that you can control are:

- High blood pressure
- High cholesterol levels
- Lack of physical activity
- Obesity
- Diabetes
- Smoking

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Girls on the Run 5K



Infertility Awareness Week April 24-30

May

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 May 8-14						<div>Revive and Refresh Your Health Color Run</div> 	
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Chronic Lower Respiratory Disease is the 4th leading health issue in women. This includes chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis, and asthma. In Alabama in 2010, 1,434 women died of chronic lower respiratory disease.

- Risk factors that you can control:**
- Cigarette smoking
 - Exposure to secondhand smoke
 - Exposure to asbestos

One way to help avoid Respiratory Disease is to avoid smoking.

June

Sunday

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Alzheimer’s Disease is the 5th leading health issue affecting women in Alabama. It is a form of dementia and is a progressive, degenerative brain disease. It affects memory, thinking, and behavior. In Alabama in 2010, 1,076 women died of complications of Alzheimer’s disease.

Memory impairment is a necessary feature for the diagnosis of this or any type of dementia. Because women usually live longer than men, they are more likely to develop Alzheimer’s disease.

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19	20	21	22	23	24	25 Single Mothers Empowerment Conference 
26	27 National HIV Testing Day  TAKE THE TEST. TAKE CONTROL.	28	29	30		

July

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Accident and Injury deaths are the 6th leading health concern among Alabama women. In 2010 in Alabama, 870 women died due to accidents.

This category includes two types of injury-related deaths: intentional and unintentional.

- Intentional deaths by injury such as suicide, homicide, assault, or similar events accounted for 240 deaths among Alabama women in 2010.
- Unintentional injuries include every type of accident from drowning to motor vehicle accidents, and caused 630 deaths to Alabama women.

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		World Breastfeeding Week August 1-7				
					Women's Health Update	
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In 2010 in Alabama, 690 women died due to complications of **Diabetes Mellitus**, the 7th leading health concern. If uncontrolled, diabetes can lead to: blindness, circulatory problems, heart disease, nerve damage, stroke, and kidney failure.

- Risk factors for Type II Diabetes include:**
- Age (older than 45)
 - Obesity
 - Family history
 - Race/ethnicity
 - High blood pressure
 - High cholesterol
 - Lack of physical activity
 - Abnormal results in a prior diabetes test

September

Ovarian Cancer Awareness Month

Sunday

Monday

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Nephritis is the 8th leading health concern among Alabama women. It is an acute or chronic inflammation of the kidney and is caused by infection or vascular disease. Damaging the kidneys, complications due to nephritis caused the deaths of 619 women in 2010 in Alabama. Nephritis is among the leading causes of chronic kidney failure and end-stage kidney disease.

Risk factors that you can control are: blood glucose levels, blood pressure, treating infections early, and avoiding overuse of antibiotics and painkillers.

- Kidney disease often has no physical signs.
- Screening can identify problems before symptoms appear.

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October

Breast Cancer Awareness Month and Domestic Violence Awareness Month

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Septicemia is the 9th leading health issue among Alabama women. In 2010 in Alabama, 484 women died due to complications of septicemia. Septicemia is a life-threatening infection caused by infection in the lungs, abdomen, urinary tract, bone, and central nervous system. The risk of sepsis is increased in people with conditions that reduce their ability to fight serious infections such as: diabetes, heart valve abnormalities, or a weakened immune system (cancer, AIDS, immune disorders).

- Prevention:**
- Regular dental check-ups
 - Annual Vaccines (Pneumonia and Flu shots)

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16 National Mammography Day	17	18	19	20	21	22
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November

Diabetes Awareness Month

Sunday

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Influenza and Pneumonia are the 10th leading health concerns for Alabama women. In 2010 in Alabama, 463 women died of complications from influenza and pneumonia.

Influenza is spread mainly through coughing or sneezing. It can cause mild to severe illness and can lead to death.

Pneumonia is a lung infection where the air sacs fill with infection, blocking oxygen to cells. People with heart disease, diabetes, or a weakened immune system have a higher risk of dying from influenza and pneumonia. Hand washing and good hygiene prevent the spread of germs. Vaccines offer the best protection against both pneumonia and influenza.

Practice good hygiene and get a flu shot annually.

Ask your doctor if you need to get the pneumococcal vaccine.

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December

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There are almost 2.5 million women in Alabama; their health depends upon many factors—access to health care, insurance benefits, wages, living conditions, education, personal habits, age, and many other things.

The most important factor is knowledge and willingness to change behavioral factors to lower the known risks.

Holiday health and safety tip: Stay warm. Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing.

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World AIDS Day

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OWH Steering Committee Meeting

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My mommy let me grow
So Big!

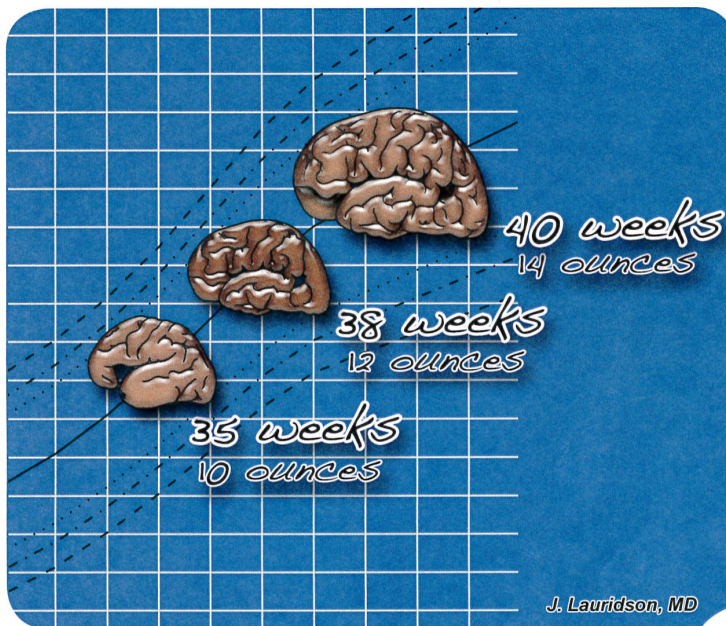


39 Weeks

{timing is everything}

American Congress of Obstetricians and Gynecologists (ACOG)
"cautions against scheduled deliveries before 39 weeks unless medically necessary."

What's so important about 39 weeks?



Important **brain and lung growth** occurs later in pregnancy. The earlier babies are born, the more **health problems and risks** they face. Even babies born at 36-38 weeks have a **higher risk for health problems** than a baby born at 39-40 weeks.

My mommy let me
choose my birthday!

For more information, go to:

www.MarchofDimes.com

www.Health4Mom.org or

ADPH.ORG



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